



DECISIONS



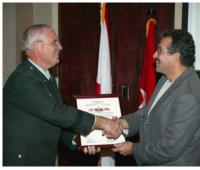
DIVERSITY/EQUAL EMPLOYMENT OPPORTUNITY-EQUAL OPPORTUNITY/COMMANDERS/IMPORTANT EVENTS/SPECIAL EMPHASIS PROGRAM/
INFORMATION FEATURED/OPPORTUNITIES/Neighbors/Success

COMMANDERS

	EV

D iversity	2
E qual Employment Opportu- Equal Opportunity	3
Commanders	1
Important Events	4
S pecial Emphasis Program	5
Information Featured	10
O pportunities	11
N eighbors	14
Success	14

Dr. Rodriguez—Honorary Colonel in the Alabama National Guard





Honorary Colonel Page 2

HONORING ALL WHO SERVED—SERVICE AND SACRIFICE

This tradition began in 1919 as Armistice Day to recognize those who died in the First World War. Congress broadened the scope of this recognition in 1954 to honor all veterans. Veterans Day is November 11, 2006.

I appreciate each one of you for your outstanding service and the many sacrifices you have made. Your individual strengths and patriotism are valuable to our organization and our great nation. I also appre-

ciate the sacrifices your family members have made in support of us in peacetime and in war.

As I see and hear of the activities you have planned throughout the state to remember those that have served so courageously before us and those that continue to serve, I am very moved. Activities include participation in Veterans Day parades, many programs honoring our veterans and filling the needed items identified by VA Hospitals for our injured and disabled veterans. The list of needed items is on page 2. Should you wish to donate any of



MAJOR GENERAL
C. MARK BOWEN
The Adjutant General, Alabama



the needed items, you can give your items to Ms. Debbie Fredrick in Room 213, Ft. Wallace Armory, Montgomery, by 9 November 2006. Ms. Fredrick can be reached at (334) 271-7245 and she will coordinate distribution of the items to the VA Hospitals.

Honoring All Who Served Page 2

STEREOTYPING

As briefly discussed in my last article, stereotypes portrayed in the media (television, talk radio, movies, newspapers and magazines) and curriculums that reinforce stereotypes play a large role in how people perceive each other. It affects the way we view ourselves. It affects the way we view the world around us. Some stereotypes that we may have seen or heard about ethnic groups or people in general are harmful to individuals and an organization.

For instance, how do you think American Indians feel

when they are portrayed as a vanishing group or people use insensitive statements such as "You act like a bunch of wild Indians?" What about Hispanic Americans when they are perceived as illegal aliens? I know you have heard the comment said about any particular group "They all look alike to me." There are many more examples of negative stereotypes that I can give but I think you get the picture.

Some social science literature and educators show the harmful effects of stereotyping and inaccurate portrayals of individual groups. We need to pay



MAJOR GENERAL JOHN M. WHITE Commander, JFHQ (Air)



careful attention to how these harmful effects manifest themselves in our organization and in the experiences of individuals. The harmful effects can be in the form of low self-esteem, self-fulfilling prophesies, social and emotional problems, feelings of

Page 2 DECISIONS

COMMANDERS

Stereotyping From Page 1

being excluded and marginalized, viewed as being irrelevant to the team, perception that employment avenues are cut off, success is out of reach, and simply the wrong message sent to all employees.

Dealing with harmful and negative stereotypes is a big challenge but it is not impossible. We all need to be clear on and practice the Adjutant General's policy of being respectful of all people.

As Veterans Day approaches, I want you to know I appreciate you and your great service.

Honorary Colonel From Page 1

Major General Mark C. Bowen appointed Dr. Pedro I. "Pete" Rodriguez with NASA's Marshall Space Flight Center an Honorary Colonel in the Alabama National Guard. Major General Blalock presented the Honorary Colonel's Certificate and a special award to Dr. Rodriguez for his outstanding support of the Alabama Guard.

Honoring All Who Served From Page 1

VA HOSPITAL LIST OF ITEMS NEEDED FOR MEN AND WOMEN

TRAVEL SIZE OR SMALL <u>802</u> SIZE

SHAMPOO

POWDER
ROLL-ON DEODORANTS
SPRAY DEODORANTS
TOOTHPASTE
TOOTHBRUSHES
DISPOSABLE RAZORS
SHAVING CREAM
HAND LOTIONS
COMBS
BRUSH
INDIVIDUAL KLEENEX

SMALL BOX KLEENEX

House slippers

SOCKS
LIP BALM (VASELINE, ETC.)
POCKET READER'S
(WESTERNS OR MYSTERIES)

DIVERSITY

DIVERSITY IN THE ARMED FORCES

Goal

The Armed Forces diversity goal is to achieve an environment free from harassment, intimidation and unlawful discrimination, in which all have equal opportunity and encouragement to realize their full potential. The Armed Forces respect and value every individuals unique contribution, irrespective of his or her race, ethnic origin, religion, gender, social background and sexual orientation, and seek to enhance their operational capability by maximizing that contribution.

Corporate Principles

For the overall goal to be realized, the Armed Forces need to recruit and retain high caliber personnel, irrespective of race, ethnic origin, religion or gender and without reference to social background or sexual orientation. We recognize that the Armed Forces must take a lead nationally in promoting and demonstrating racial equality and diversity. The corporate principles laid down below will help us achieve the diversity goal.

- Leadership and commitment from the top down to the principles of diversity
- Respect for all individuals
- Education of all personnel in diversity through effective training programs
- The moral courage to take appropriate action, in line with the expressed core values and standards of the Services, against bullying, harassment, unlawful discrimination, prejudice and negative attitudes
- To deal with complaints expeditiously and fairly

- To monitor and evaluate the effectiveness of our policies regularly, learning from best practice
- To comply with equality legislation, including the Race Relations (Amendment) Act 2000 duty to promote race equality
- Tolerable variation will not apply

Leadership in Action

Strong leadership is vital in establishing a military culture which promotes and welcomes diversity. A number of tri-Service and single Service initiatives are in place to take practical steps to implement change.

Diversity Education is now on the Ancillary Training schedule. There has been a lot of dialogue about this and it has been approved. The requirement calls for 4 hours of Diversity Education every three years. This will seem like a large amount and you will most likely hear the normal responses such as "There is a War going on," "We don't have time," "Didn't we do this eight years ago," and "Diversity is a once in a career event." It was determined that diversity education is integral in a rapidly changing world and if taught with viable curriculum can develop cultural, leadership and team competencies that add tremendous value to the mission of our organizations. Stay tuned.

What People Have Said

Admiral Sir Michael Boyce, former Chief of the Defense S t a f f "Diversity is key to getting the very best out of all our personnel and to our reputation as employers. I am determined to make the Armed

Forces more representative of our diverse society and to reap the benefits that diversity undoubtedly offers for sustainable operational capab i I i t y . "

General Colin Powell, former United States Secretary of State and former Chairman of the US Joint Chiefs of Staff. "The leadership of the Armed Forces, working with their civilian leaders and the Commission for Racial Equality, have a firm understanding of the nature and dimension of this challenge and have put in place policies and programmers to get the results that they want and the results that they very badly need."

Practical steps to implement change

- A Zero Tolerance policy on all forms of harassment and bullying. Complaints are taken seriously
- Equal opportunities training is provided to all personnel
- Challenging goals for ethnic minority recruitment are aimed at making the Armed Forces more representative of the culturally diverse society which they exist to defend
- Community partnerships and outreach work forge stronger links with ethnic minority communities and aim to promote the Armed Forces as an employer of first choice for the many talented young people from these communities who have so much to offer the Services

Page 3 DECISIONS

EQUAL EMPLOYMENT OPPORTUNITY

FAILURE TO ACCOMMODATE

In two areas, religion and disability, an agency may be liable for failing to provide a reasonable accommodation for the employee due to their religion or disability.

The reasonable accommodation requirement under religion and disability differs. Religious accommodation will be discussed in this issue and disability accommodation will be discussed in the next issue.

Title VII of the Civil Rights Act of 1964 prohibits discrimination based on an individual's religious beliefs and practices.

Employers may not treat employees or applicants more or less favorably because of their religious beliefs or practices-except to the extent a religious accommodation is warranted.

It is the individual's sincere view of these beliefs and practices as "religious" that is important, and not whether they comport to standard notions of religion or to the norms associated with the established religions.

Under Title VII, religion includes an affirmative requirement on the part of the agency: the duty of reasonable accommodation.

An agency has a duty to reasonably accommodate the sincerely held religious beliefs and practices of an employee where the employee informs the agency of his/her belief and the needs of the belief/practices.

Agencies have an affirmative duty to consider whether to accommodate employees and either make an effort to defend a decision not to do anything.

The agency does not have to provide an accommodation, if it shows that the accommodation would constitute and undue hard-The agency must show that the accommodation requires significant cost or produces other non-cost factors, such as office disruption. Courts apply а "deminimis" (minimal impact agency's business) standard when determining whether a religious accommodation creates an undue hardship

EQUAL OPPORTUNITY



A basic principle of our nation is free exercise of religion. The Department of Defense places a high

RELIGIOUS ACCOM-

After viewing the special

program highlighting reli-

gious accommodation is-

sues in the Armed Forces

presented by the Defense

Equal Opportunity Manage-

ment Institute (DEOMI), I

was truly encouraged and

ON

THE

PERSPECTIVES

MODATION IN

ARMED FORCES

Accommodation of Religious Practices Within the Military Services

value on the rights of members of the Armed Forces to observe the tenets of their respective religions. It is DoD policy that requests for accom-

modation of religious

tance of respecting religions of all types. During these times that our Nation is battling War On Terrorism, it is vital that our soldiers understand and know that wherever they may be called to serve, that by faith the God that they serve is already there. The presentation was very enlightening because it demonstrates that leadership recognizes the importance of Religious Accommodation for every person and gives respect to each ones belief. While depractices should be approved by commanders when accommodation will not have an adverse impact on military readiness, unit cohesion, standards, or discipline.

ployed in Baghdad, Iraq as

Senior Pastor of the Gos-

Denominational Interna-

tional Worship Service with

five different nations repre-

sented, I saw the need

from a broad perspective

of soldiers needing accom-

modations on a personal

level. I realized at that

point that in order for the

soldier to be totally effec-

tive in accomplishing their

mission they must be able

to spend personal time

with their God in order that

they build confidence in

а

Non-

pel Service.

For additional information see Department of Defense Directive Number 1300.17, February 1988, Certified Current as of November 21, 2003.



AL Army National Guard

who they are. It is my prayer that these accommodations continue to be made in order that we win not only on the battle field but in every area of our lives.

impressed that the Armed Forces place major emphasis on religious rights of members and the impor-

READY, RELIABLE, ESSENTIAL

Page 4 DECISIONS

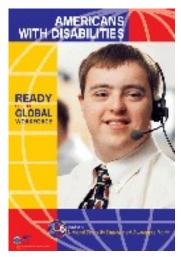
IMPORTANT EVENTS

2006

October

Americans with Disabilities: Ready for the Global Workforce

Observances



This year's theme, Americans with Disabilities: Ready for the Global Workforce, was announced by USDOL Secretary Elaine L. Chao in May.

Congress enacted Public Law 176 in 1945 establishing October as the month to recognize the contributions Americans with disabilities are making in the workplace.

ODEP Assistant Secretary Presents the Business Case for Hiring People with Disabilities to Human Resource Practitioners

"By the year 2014 – that's only eight years away – 36 million people are expected to leave their jobs and will need to be replaced," Assistant Secretary W. Roy Grizzard, Jr. told a group of human resource and marketing professionals gathered at the Harvard Club in New York City for a two-day workshop. As a keynote

speaker for this workshop, titled "Diversity Profit Generation Series: Proving the Financial Business Case for Diversity," Dr. Grizzard presented the business case for hiring people with disabilities. "There more educated and better prepared workers with disabilities than ever before," he said. "Right now businesses have the opportunity to tap into a young and growing talent pool" of more than 1.5 million college students who identify themselves as having one or more disabilities, he told the attendees.

November American Indian Heritage Month: A Warrior's Tradition: Contributing to our Nation's Freedom

In 1986, President Reagan designated November 23-30 as "American Indian Week." Four years later, President Bush proclaimed the first National American Indian Heritage Month. Each year since, U.S. Presidents have proclaimed November as "American Indian Heritage Month." The first true 'Americans' are the American Indians, who were here when the first Pilgrim put his foot on Plymouth Rock.

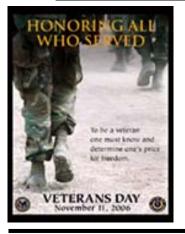
What's in a Name? Indian and Political Correctness

by Christine Berry, All Things Cherokee

The recommended method is to refer to a person by their tribe, if that information is known. The reason is that the Native peoples of North America are incredibly diverse. It would be like referring both a Romanian and an Irishman as European....

[W]henever possible an Indian would prefer to be called a Cherokee or a Lakota or whichever tribe they belong to. This shows respect because not only are you sensitive to the fact that the terms Indian, American Indian, and Native American are an over simplification of a diverse ethnicity, but you also show that you listened when they told what tribe they belonged to.

When you don't know the specific tribe simply use the term which you are most comfortable using. The worst that can happen is that someone might correct you and open the door for a thoughtful debate on the subject of political correctness and its impact on ethnic identity. What matters in the long run is not which term is used but the intention with which it is used.





Veterans' Day (formerly Armistice Day) - November 11, 2006

See and Hear Veteran's Stories

In just the short time since its creation, the Veterans History Project is amassing a remarkable collection of interviews and documentary materials spanning much of the twentieth century. Contained in these sources are compelling accounts of wartime service from men and women, civilian and military, representing many ranks, jobs, branches of service, and theaters of war. Their stories—told in their own words through letters, diaries, and oral history interviews—teach us, amuse us, and inspire us. They also sometimes sadden us, with tales of lost lives, lost time, and lost innocence, all in service to our country. Visit http://www.loc.gov/vets/sights.html for their stories.



No Federal Observance Designated

Page 5 **DECISIONS**

SPECIAL EMPHASIS PROGRAM

2006 Special Emphasis Awards Program

Host: 167th Sustainment Command (Theater)

Felham Civic Complex 500 Ampitheater Road Pelham, AL 35124

MG Abner Blalock gave the Welcome and Opening Remarks. He recognized Mayor Bobby Hayes and the excellent Pelham Civic Complex. He emphasized that programs like these are to give us all insight into the various cultures that make up our American culture. These programs are designed to help us all be reminded that we are a nation of diverse people but we are one nation with a common goal: Protecting the freedoms that we all share in this great country.

"Pete" Rodriguez a native of Bayamon, Puerto Rico, is the Manager of the Test Laboratory in the Engineering Directorate at NASA's Marshall Space Flight Center in Huntsville, Alabama.

Keynote Speaker - Dr. Pedro I.

Hayes High School **Honor Guard** Team

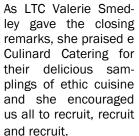
Hispanic Heritage **Leadership for America's Future**

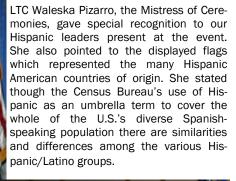
A Salute to our

SSG Donna Johnson song the National Anthem and song "Wind Beneath My Wings" as a special tribute to the thirty nine Hispanic Medal of Honor Recipients.

Cultural music provided was by the Mariachi Band Tequila.

As LTC Valerie Smedley gave the closing remarks, she praised e Culinard Catering for their delicious samplings of ethic cuisine and she encouraged us all to recruit, recruit









Page 6 DECISIONS

Candid Pictures taken at our Special Emphasis Awards Program and Hispanic Heritage Month Observance.



READY, RELIABLE, ESSENTIAL

DECISIONS Page 7

Special Emphasis Awards Program



Alabama National Guard employees received special recognitions during the Special Emphasis Awards Program and Hispanic Heritage Month Observance held 6 September 2006 at the Pelham Civic Complex.

MG Abner Blalock, 167th Sustainment Command (Theater) Commander, and Colonel Donnie Davis, Human Resources Officer, presented certificates of appreciation to the below individuals for their professionalism and outstanding contributions to the Alabama National

Captain Zane Purdy (226th Cmbt Comm Gp, Montgomery), SMSgt Walter A. Linch, Jr. (187th Fighter Wing, Montgomery), MSgt William O. Colley (187th Fighter Wing, Montgomery), MSgt Edward Mastin, Jr. (187th Fighter Wing, Montgomery) and SGT Lisa A. Crews (HHD 145th Chemical Bn, Centreville) were not able to attend the event due to deployments or other prior commitments. However, unit members or family members proudly accepted the awards on



SFC Vicki Glover HHD 278th Chemical Bde, Oneonta





1166th Military Police Company, Greensboro



SGT Jose M. Garcia 214th Military Police Company, Alexander



SSG Jeffery Hogeland 278th Chemical Bn, Oneonta



TSgt Kimberly L. Jones 187th Fighter Wing, Montgomery



CMSgt Rita A. Jones 117^{th} Air Refueling Wing , Birmingham



SMSgt Jesse J. Rhodes 187th Logistics Squadron, Montgomery

READY, RELIABLE, ESSENTIAL



MSgt Steven L. Cannon HQ, 152nd Chemical Battalion, Gadsden

DECISIONS Page 8

SPECIAL EMPHASIS PROGRAM

EEO OUTSTANDING SUPERVISOR/MANAGER



SMSgt Jesse J. Rhodes was awarded the **EEO** Outstanding Supervisor/ Manager Award. SMSgt Rhodes is the Supply Management Superintendent and Training Manager for the 187th Logistics Squadron, Dannelly Air National Guard Base in Montgomery. His nominator, Captain B. Scott

McNaughton, said SMgt Rhodes has a liberating leader ship style. SMSgt Rhodes has encouraged those he leads to be active members in the decision making process and to take ownership of their process. These have lead to many new and exciting changes in the Supply Warehouse and a boost in morale. resulting in higher quality of

work and customer support. Due to his extensive supply and computer knowledge and skills, SMSgt Rhodes was called upon frequently to address supply problems. His hard work and dedication to the field of logistics has contributed to the outstanding reputation the 187th Fighter Wing enjoys around the country.

EEO OUTSTANDING EMPLOYEE

SMSgt Walter A. Linch, Jr. was awarded the EEO Outstanding Employee Award. SMSgt Linch is the BVIM-Multimedia Manager for the 187th Fighter Wing in Montgomery, Alabama. CMSgt Harold E. Pruitt said he has had the privilege to associate with SMSgt Linch on numerous occasions and know that he upholds the Core Values of the Air Force in all aspects of his life. SMSgt Linch goes beyond customer service expectations thus raising the professionalism of the organization and his peers. He has earned respect



at all levels of management in the Air Force and Alabama Air National Guard for his expertise in the Multimedia field. Serves as Chairperson for the Alabama National Guard Special Emphasis Program Committee to help

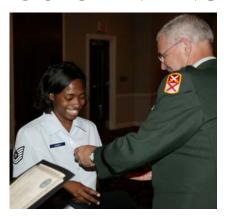
ensure equal employment opportunity is afforded to all applicants and employees. SMSgt Linch was not able to attend the event due to deployment. His wife. Debbie, and his father and mother-in-law (James and Esther Blair) represented him. Mrs. Linch accepted the Award on behalf SMSgt Linch.

FEDERAL WOMAN OF THE YEAR



SGT Anna L. May, a Personnel/ Admin SGT with the 1166th Military Police Company in Greensboro, Alabama, was awarded the Federal Woman of the Year Award. SGT May helped her unit to ensure a smooth transition and reconstitution from a year-long deployment to Iraq. to Hurricane Katrina disaster relief, to REFRAD back into the Alabama Army National Guard. She worked especially hard to sustain each soldier's personnel records, medical records, and training files-keeping them updated to ensure each soldier's files are current and ready for any future mission that may come along. LTC Sylvester Cannon wrote "SGT May is a natural leader of troops and has a special way of motivating her troops by first leading by example."

OUTSTANDING MINORITY EMPLOYEE



TSgt Kimberly L. Jones, Human Resource Specialist for the 187th Fighter Wing and its geographically separated units (GSU's), was awarded the Outstanding Minority Employee Award.

CMSgt Brenda Bibbins said program. Her efforts resulted TSgt Jones is an experienced in an increase from 88% to natural leader who leads by 99% on EPR completions. her tremendous example of She oversaw the performance professionalism and perform- of over 100 reenlistments, ance. She has skillfully and 200 decorations, 70 EPRs, accurately served over 350 and 1000 Classification/Onmembers during Operation the-Job Training actions. Enduring Freedom, Operation While performing her normal Iraqi Freedom and various duties, she also spearheaded Wing deployments. Jones has performed in an ployment Function that procexemplary manner. Her re- essed over 350 members for lentless drive and dedication the unit's upcoming deploytoward mission accomplish- ment. TSgt Jones respectfully ment contributes to the suc- renders customs and courtecess of the Customer Support sies, exemplifying military office. She is responsible for bearing, dress and appearmanaging the Enlisted Per- ance. formance Reporting (EPR)

TSgt setting up the Personnel De-

Page 9 DECISIONS

SPECIAL EMPHASIS PROGRAM

Alabama National Guard Special Emphasis Program Committee 2005-2007 JFHQ, AL (Army) Major Brian Thomas CSM James Ashley HQ, 167th TSC

HQ, 142d Sig Bde SGT Barbara Raymond HQ, 20th SF

MSG Daisy Williams

SPC Glen Claiborne

HQ, 31st Chem Bde SSG Patrick Raley SGT Mark Wear JFHQ, AL (Air)

SMSgt Penelope Howard CMSgt Donald Jackson

HQ, 187th FW SMSgt Walt Linch MSgt Robert Brooks HQ, 62nd Troop Cmd SFC Judy Rainey HQ, 117th ARW

MSgt Patricia Vaca MSgt Ron Landry MSgt Gwendelyn Knight

225th CCSq

MSgt Linda Kirkpatrick-Moore TSgt Roy Shirley

22nd Recruiting Battalion CPT David Vanhorn CPT Pamela Phillips

SEP Calendar 2006

	OCTOBER	NOVEMBER	DECEMBER	
Important Dates	National Disability Employment Awareness Month 15 Sep—15 Oct Hispanic History Month 9th Columbus Day (second Monday) 21st - Fiesta 2006 Linn Park, Birmingham, AL (www.fiestahbc.com)	American Indian Heritage Month		
Conferences	21-28 HACU 20th Annual Conference San Antonio, TX	2-7th — 30th Annual Society of Mexican American Engineers (Austin, TX) National Association of Hispanic Federal Executives Association (NAHFE) 15th Annual Executive Leadership Development and Diversity Training and Recruiting Conference (Tampa, FL)	3rd — Alabama National Guard State EEO and EO Planning Conference for ARNG EOAs and ANG MEOS 1000—1600, Ft. George C. Wallace Armory, Room 210, 1750 Congressman Dickinson Drive, Montgomery, AL 36109-0711 POC: Lt Col Harris (334) 271-7215, DSN 363-7215 5-7—Oklahoma Native American Consultation Workshop Sheraton Oklahoma City Hotel 6th — 26th DOD Disability Awards Ceremony and 18th Annual Forum as part of National Symposium 11-14 - 2006 Army Worldwide EOA Training—Orlando, FL, Register at	
Special Emphasis Program	SEPC Meeting 2nd Wednesday DECISIONS Newsletter		HTTP://WWW.ARMYG1.ARMY.MIL/EO	
Awards	22333131131131313131		31st - Deadline for submitting nominations for SEP Awards. See Pages 8-10 of Vol 2, Apr 06, DECI- SIONS Newsletter for awards criteria or contact your SEP Representative.	
Reports			AEP/AAP Reports	
Upcoming Events:	January—15th—Martin Luther King, Jr. Birthday; February—African American/Black History Month; March-Women's History Month; April-15th-Holocaust Remembrance Day; 15th-27th-Days of Remembrance of Victims of the Holocaust; May-Asian Pacific American Heritage Month; August-26th-Women's Equality Day; September 15th-Hispanic Heritage Month; October-National Disability Employment Awareness Month; November –American Indian Heritage Month; December			
Important	Commanders: Please ensure your Military Equal Opportunity Investigators are trained. See page 5 and 18 of Volume 2, April 2006, DECISIONS Newsletter for training sources and your appointed investigator.			
Notes: April 2006, DECISIONS Newsletter for training sources and your appointed investigator.				

Page 10 DECISIONS

INFORMATION FEATURED

WHAT IS AN EATING DISORDER?

Eating disorders such as anorexia, bulimia, and binge eating disorder include extreme emotions, attitudes, and behaviors surrounding weight and food issues.

They are serious emotional and physical problems that can have life-threatening consequences for females and males.

ANOREXIA NERVOSA is characterized by self-starvation and excessive weight loss.

Symptoms include:

- Refusal to maintain body weight at or above a minimally normal weight for height, body type, age, and activity level
- Intense fear of weight gain or being "fat"

- Feeling "fat" or overweight despite dramatic weight loss
- Loss of menstrual periods
- Extreme concern with body weight and shape

BULIMIA NERVOSA is characterized by a secretive cycle of binge eating followed by purging. Bulimia includes eating large amounts of food-more than most people would eat in one meal-in short periods of time, then getting rid of the food and calories through vomiting, laxative abuse, or over-exercising.

Symptoms include:

- Repeated episodes of bingeing and purging
- Feeling out of control during a binge and eating beyond the point of comfortable fullness

- Purging after a binge, (typically by self-induced vomiting, abuse of laxatives, diet pills and/or diuretics, excessive exercise, or fasting)
- Frequent dieting
- Extreme concern with body weight and shape

BINGE EATING DISORDER (also known as COMPUL-SIVE OVEREATING) is characterized primarily by periods of uncontrolled, impulsive, or continuous eating beyond the point of feeling comfortably full. While there is no purging, there may be sporadic fasts or repetitive diets and often feelings of shame or selfhatred after a binge. People who overeat compulsively may struggle with anxiety, depression, and loneliness, which can contribute to their unhealthy

episodes of binge eating. Body weight may vary from normal to mild, moderate, or severe obesity.

OTHER EATING DISOR-**DERS** can include some combination of the signs and symptoms of anorexia, bulimia, and/ or binge eating disorder. While these behaviors may not be clinically considered a full syndrome eating disorder, they can still be physically dangerous and emotionally draining. All eating disorders professional require help.

National Eating Disorders Association www.NationalEatingDisorders.org.

Seeking Help, Referrals or Answers?

Military OneSource

24-hour, seven-days-a-week, toll free information and referral telephone service available worldwide to active duty, Reserve, and National Guard military members and their families, and deployed civilians and their families. Military OneSource provides information ranging from every day concerns to deployment/reintegration issues. Additionally, if there is a need for face-to-face counseling Military OneSource can provide a referral for six sessions per issue with professional civilian counselors at no cost to the military or family member (please note in-person counseling is only available in the U.S. and Puerto Rico). Overseas, Military OneSource can help access those existing services provided through the Medical Treatment Facilities.

Visit the website at www.militaryonesource.com or call 1-800-342-9647.

Employee
Assistance Program

A program designed to help you deal with personal problems that affect your job performance and well being.

Call Lt Col Barbara Harris at (334) 271-7215 should you need assistance in locating agencies or services which can best help you.

Page 11 DECISIONS

OPPORTUNITIES



117TH Air Refueling Wing:

Melissa Renee Barger Robert Darnell Hives David Jerome Kirchner Johnathon Richard May Timothy Ryan Naylor Robert Anson Norton James Nicholas Rudick Garrett Olin Slaughter

187[™] Fighter Wing:

Jared Carnell Bush
Loren Daniel Carlton
Corey Ray Champion
Arielle Elizabeth Cochran
Darren Michael Crimi
Tyrone Robert Ditzel

Welcome New Recruits to the Guard Team!

July, August and September 2006

Kristen Nicole Gothard James Robert Graham Justin Ray Hester Crystalin Verronica Horton Cole Edward Hunter Chase Alan Jackson Jennifer Jeanene Janes Christian Phillip Johnson-Lee Michael Courtland Kelly Sandra Bradley King Christopher Alan Lee Brian Alan Little James Joseph Mccarthy Thomas Nicholas Melling Adam Gray Miller Jarvetta Martrice Mitchell Matthew Edgar Owen Matthew Brady Parker

Mary Elizabeth Price
Justin David Pugh
Xavier Mckinney Rodgers
Terry L. Showalter
Kenneth D. Sims
Brandon Richard Stewart
Shawn Carl Trochesset
Mario Fitzgerald Turner
Malary M. White
Robert Justin Witherington
Mark Anthony Young

225TH Combat Communications Squadron:

Ashley D'Nele Barber Carnell NMN Buford Jeremy Edward Cole Eric Clifton Haynie Robert Allen Herron Rachel Susannah Hill Christopher Ryan Pruett Zachery Ryan Webb

280TH Combat Communications Squadron:

David B. Allen
Ryan D. Artrip
Jason Paul Bowden
Tyler Greer Collins
Michael Allen Donaldson
Nicole Leigh Gadison
Charles H. Gilmore
Darwin Dwight Grossman
Jeffery L. Hamilton
Jennifer Lee Hoskins
Daniel Hazeiah Silverthorne
Anthony Deshawn Stubbs

Norma Chineshi Lacey



July

Susan Lachey Adkins Holly Christine Allen Julian Manuel Alvarado Michael Anthony Anglisano Nathan Samuel Baker Charles Eugene Barrow Tenequia Santia Battle Dean D. Bean Tyler Mark Behel Kristofer Sean Bell James Edward Berry Scott Gregory Laport Boling **Walter Thomas Bowers** Joseph Elliott Brown Cody Daniel Calhoun Jimmy Eric Carden Benjamin Michael Carswell Mose Courtney Moni Caster April Michelle Chandler **Dustin Philip Chasse** Casey R. Chumney Joshua Terrell Cooper

Roderick Andre Cooper Christopher Joseph N Corona Brenson L. Crenshaw Philip Neil Croteau Jonathan Andrew Daffron Laquita Diane Daniels Brittney Analisha Davis Michael Donnell Dickerson Tyler Wyant Dillard Trantavious Demon Doolittle **David Miller Dyess** Sidney A. Dyson Daniel Robert Elphinstone Mathew Doyle Farris Ashton L. Faulkner Tony Renard Fuller Leonard Anthony Gant Nicholas Holdt Garver Juana Rasha Gibson Brian Keith Giddens Leslie Wayne Giles Anthony Caleb Green Thomas R. Gregory Jacob Taylor Grier Lakitha Nicole Griggs Candace Domongue Guild Michael Scott Haggerty Jeremy Franklin Hamilton

Jordan Lee Hamilton Surmarklos Dontonio Harbin Jacquelyn Marshae Harrell Tyra Shantave Harris Camillia Shauntae Harrison Phyonica Monique Harrison Marzett Lemark Hatcher Jeffery Scott Hawkins **Gary Robert Haynes** James Daniel Herren Jesse Eugene Hill Michael Ray Hill Jacob Dalton Hilyer Duane Lee Hollen Timothy Blake Huie Shahid Mohamad Igbal Jennifer Lee James Lagullia Denise James Aubrey James Johnson George Alan Jones Markell Tanthony Jones Tony Jones James Ray Joyner John Leonard Kalmbach Ariel Micah Kerry Jeremy Sky King Ricky Lavon King Joshua M. Kohler

Frank Hugh Lee Rachel Lee Lockhart David Adam Lollis Lance Terence Lucas Joseph Leo Lundberg Janece Monique Magee Jeremie Ervin Maloy Steven Dewayne Mcintyre **Dustin Wayne Medley** Russell Shayne Merritt Codi Wayne Miller Nahum Rashad Milton Chadwick Jonathan Mims Michael Lynn Mitchell Andrew Peter Murphy John Edward Myers Adarius Cortez Nation Joshua Hunter Necaise Bennie Lee Newsome Billy Robert North Elisha Jefferson Ohara Andrew Allen Oshea Charlotte Elaine Peoples **Ambrose Puente** Reagan Mitzie Nicola Dale Wayne Richards Adam Glenn Ritch Farad Vandrell Rivers

Page 12 **DECISIONS**

OPPORTUNITIES

James George Roach Micheal Brandon Robbins Daniel Keith Robinson Regina Kay Rogers Joshua Alexander Rowell Douglas Jamal Russell Abayomi Olobenga Salako Misty Lynn Sanders Warren Machion Sanders David Edward Schedler Derek Wayne Schreiner Theodis Scott Steven Dywayne Seawright Andre Carrel Shannon James Anthony Simmons Austin Wren Singleton Seth Alan Slick David Earl Small Jimmy Jo Smith Roger Alan Snead Brandon Jamal Snell Walter Clarence Stewart Mark Allen Stoneburner David Glenn Stulce Brandon Keith Suggs Michael Ellis Tatum Anntionette Deshun Thomas Jarret Charles Thomas Latoya Levone Thomas Jeremy Dalton Thompson Tony Keith Thornton Eric Allen Tidmore Erick Edward Wadsworth Lee Ernest Wagner Terry Rayford Walden Monica Rena Felder Walker Jimmy Pierre Walls Robert James Webb Jason Adam Whaley Christopher Josep Whisenant Mark Bryant Whitaker Justin Lynn Whited Stacie Michell Wilkes Lewis Jacqueline D Williams Mantradro Deguel Williams Roy Lee Williams Thomas Dewayne Williams Wanda Gail Williams Sammy Allen Wright

Jelvon Lamar Young

August

Earnest Vincent Acoff Mathew Adams Jack Anderson Akins Edward Kirk Alexander Roger Justin Alexander Elijah Zackary Andersen Kevin Paul Anderson Joseph Jessup Armstrong Nicholas Frank Barber Jeffery David Barton James Henry Batton Pamela Demeco Lasha Beckham Donald Shane Bell Janay Denise Bendolph David Clyde Bennefield Shavongalia Vonshae Bennett Charles William Blanks Jessie Edward Blunt Sonya Elaine Boone Alan Michael Brady Terry Brooks Erica Renae Brown Jason Scott Brown Klayton Lee Brown Kevin Colin Bryant Donovan Elijah Bulen Orson Dean Bullard Kimberley Linette Burgess Paul Dwayne Burnett John Paul Burns Terrence Autiona Candidate Ronnie Wayne Carroll Jason Paul Carson David Joel Cassell Brian Chalian Christopher Lane Chambers Christopher Micha Cheatwood Ashley Nicole Clark Steven Dwayne Colley Alicia Maria Collins Canada Catrice Collins Laneshia Ann Collins Gary Szuchnicki Collymore Whitney Daniell Constantine Glenn Clifton Cornett Rodney Dale Couch

David Allan Cox

Robert Matthew Cox

Felicia Shantell Crook

Marshall Gail Curnette

Brandon Bernard Darden **Erica Tiffany Darrington** Myron Ladon Davis Matthew Joseph Decola William Rayburn Dewberry Ryan Blake Dorminey Boman Henderson Douglas Katherine Weir Dowd David Allen Driver **David Matthew Dubois** Jacob Allan Eggleton Kristen Nicholle Eiland Bryan Cornelius Elliott Demario Antwan Elston Lorenzo Girard Evans Rachel Rachelle Farris Brandon Philip Ferraro Marshall Keith Flowers Elizabeth Ryan Foster Stacy Edward Fralix Johnathon William Frve Ethan Michael Gautreau Latonya Willette Gilliam Melvin Wayne Godbee Robert David Goodman Nicole Goodrich Joshua Donald Grace Robin Christopher Grant William Lashawn Gray Latoyia La Shae Grayson James Deon Grice Jason Dean Guthrie Justin Duane Hall Ramona Shavonne Hall Thomas Russel Hams Michael Bailey Hankins **Anthony Octavious Harrison** Kevin Walter Harzbecker Christopher Lee Hathcock Theodis Hayes Jacquise Rachel Herlong Michael John Hester Herman Lee Hinton Christopher Lee Hitt Jacob Ross Holman Nacole Wynema Hutchinson James Howard Hyde Tarrah Renea Jacko Rachel Michelle Jackson Levan Uriah Johnson Marche Telis Johnson

Steven Howard Johnson Thomas Britt Johnson Megan Nicole Jones Tanesha Renee Jones Jonathan Stewart Kellev Jon Claude Kidd Marcus Terrell Kidd Matthew David Lamar Chris Adam Lambert Jeanne Summer Land Jason Alton Lange Rachael Patrice Lawson Whitney Dionne Lee Christopher Lee Lewis Judge Williams Lewis Denise Ann Lisle **Brook Shante Long Gregory Cornell Lowery** Christopher Brett Maddox Christopher Reshard Martin Advester Mcneil Mason John Caleb Masoner Charles Jason Mccormick Joel Matthew Mcdonald James Troy Mcmickens Elie Vincent Merritt Meagan Michelle Mewbourn Stephen Kody Meyer Nancy Elizabeth Meza Kevin Jack Minchew James Alan Mitchell Tommy Eugene Mobley Samuel Joseph Montalbano Nicolas James Moore Joshua Ford Morgan James Mathew Mullen Tyler Dwayne Nabors Pha Axe Nguyen Joseph Brandon Nunley Joshua Terry Odem Andrew Malcolm Oram Angela Nicole Oram Charles Thomas Orr Brian Matthew Owen Robert Odell Owen Justin Kent Parrish Felicia Caroline Patterson John Anthony Perron Lawanda Denise Powell Chase Martin Price Jaywanna Shanay Reed

Page 13

DECISIONS

OPPORTUNITIES

Matthew Lloyd Reynolds Janet Marie Rice Tina Mercedes Robertson Octavious Lamont Rush Blake Edward Sanders Rikkia Lashea Sauble Jimmy Michael Scott **Donald Casey Shiver** Gwendolyn Marie Silcox **Christopher Anthony Simmons Derek Terez Simmons** Torrey Darrell Simpson James Aaron Sizemore Wesley Harold Sloan David Earl Small **Brittney Renee Smith** Cassie Jo Smith **Eleanor Smith** Jonathan Rex Smith Wesley Scott Sparks Ebony Michelle Speakman Kimberly Dawn Spruell Siara Jonisha Steele John Allen Strickland Tamara Shacole Summerville Jacob Wayne Taylor Trenece Centell Taylor James Joseph Theros Terrence Allen Thornhill Shawn Michael Trahan William Eugene Tyeten Justin Alexander Vaughn Dominick Michael Viruleg Crystal Marie Wadsworth **Brandon Derriel Walton** Alan Daniel Ward Robert Shay Wells Yolanda Gains Whetstone Jordan Aaron Whitson Curtis Antonio Williams Joy Ashley Williams Joseph Deryan Willis Harry Lancaster Wills Michaelen J Avar Woods

September

Carlton Wright
Sherry Diane Adams
Charles Edwin Alford

Essence Cachaee Ambers Robert Jeffrey Anderson William Oliver Anderson Navaris Marquis Andrews Jason Alan Bailey Stacia Marie Bailey Christopher Kenneth Ball Fabian Ralphael Banks **Charles Spencer Barrientos** Adam Daniel Siniard Billups Michael Joe Blackmon Skyler Nichole Bolton Antonio Kendwell Bowie Lameria Renae Bradley Martin Robert Brinkman Jamien Antwoine Brown Madelaine Zelena Brownell Wayne Roland Byrd Lashawn Darnetta Calloway Donnie Lamar Carden Michael James Cardinal Genesis Geria Carpenter Krista Francis Carter Corey Scott Cato Melissa Renee Chandler Taurus Leon Christian Brandon Allen Clark Anthony Avon Clarkbanks Dana Marie Cochran Thomas Hartwell Coke Matthew Grady Cole Christoher Ryan Peter Coley Mario Donta Collins Joshua Caine Cooper **Timothy Andrew Cooper** Caleb Wayne Coskrey Amber Dawn Cox John Steven Cox **Bret Joshua Crenshaw** Jacob Wesley Crocker **Timothy Dwight Cross** Keith Dewayne Dailey Shaun Edward Damron Jeremy Jermaine Davis **Terrance Renard Davis** Joan Paulette Denney Michael Tyrone Denson Jessica Lashawn Dew James Matthew Dodson Drake St Clair Donovan

Roland Blane Doster

Margaret Bringhurst Drouet Ritchie Lee Drummond Jeptha Justin Dubose Kourtney Alycee Dumas Karen Elizabeth Eason Xandrea Shaini Ellis Colin Wayne Erwin Michael Chase Etress Pamela Ann Evans John Brandon Farlow Jessica Delores Ferguson **Edward Phillip Fore** Daniel Bruce Frankel Steven Lee Frix Mark Alan Garner Anthony Justin Gill Jennifer Constance Gleason Brandon Scott Glenn **Donald Edward Gray Edward Charles Gray** Jared Danial Green Jeremy Denard Hall Sade Nicole Hampton Rico Mykell Hardnett **Tommie Hardy Brad Elliot Harkey** Callina Evett Harris Kelly Marie Hartman Michael Oleary Hatcher Jason Lee Heath Scotty Marshall Hernandez Alan Keith Herring Matthew C. Hickman Jacob Allen Hicks James Dustin Higdon George Christophe Highsmith Marlon Jermaine Holmes Joshua Aaron Holtum April Dawn Hornsby Jennifer Marie Houck Shavonda Treneice Houston Chadrick Princedric Howard Terry Dewayne Howell Kowayla Nicole Hubbard Pamela Nicole Hutchins Taner Franklin Isbell Jurrell Travon Jackson Shamika Lee Jessup Lakesha Nicole Johns Jonathan Dustin Jones

Shameka Sadia Jordan David Maximillian Kellev Ashley Lynn Kilpatrick James Brandon Lassiter Joshua Sungene Lee Yvonne Fong Li Demaris Ricardo Lias Deanna Lashae Lott Gerald Edward Lucier Shea Lunceford Donald Eugene Lynn Shenderis Shantae Mahone Anthony James Mason Leon Mason, Jr. Ryan Colby Maynor Brittany Michelle Mccall Michael Darnell Mccall Shane Austin Mcclain Calvin Ladon Mccorvey Timothy Glenn Mcelyea Christopher Fain Mcfry Micyala Jazmim Mcgee **Tanner Blane Medley** Amber Nicole Messer Terence Latrail Minter Jason Floyd Mitchell Andrea J. Mizzell Stayce Elizabeth Montgomery Kenneth Oneal Moore Melissa Lee Morrow Nicole Lynn Mullins John Joseph Anthony Newman Ashley Lynn Nobles Jesse Franklin Oglesby Augustus Owens **David Sean Owens** Eric Clifton Owens Eric Glen Padgett Steven Allen Pair Travis Jamel Peoples Jason Robert Perdue Ward Jason Elliot Perrin John Matthew Perry Patrick Daniel Posten Yolanda Shanae Prince Wesley Brett Richardson Richard James Robinson

Seth Allen Rosetta

Kenneth Brandon Ross

Timothy Jamaal Ross

Emily Rose Sandberg

Lana Mohammad Sbitany Thomas Christopher Schur Deandre Donte Scott Sherrer Jennifer Lynn Samantha Sue Simpson Tamika Chambers Smith Terry Wayne Smith Shane Manalita Spivey Andrew Neal Springer Christopher Craig Stanford Akeeem Lenard Stewart Artrina Marie Stokes Phillip Mathew Tew Cornelius Lee Thomas **Emily Marie Thomas** Ivori Ivette Thomas John Brandon Thornell Shauntara Deshae Thornton Semon Nicole Timmons Florence Perlene Walker Kenneth Donnell Watkins **David Thomas Waytus** Daniel Eugene Webb Joseph Daniel Weddle Craig Morris Weldon Leilani Kav Wells Evan T. Whiteside Cody Allen Williams **Ewric Antawn Williams** Justin Lamont Williams Marla Antoinette Williams Sharda Shame Williams Shawn Gregory Williams Billy Stephen Williamson Slaughter Genea Elan Wills Nicholas Ray Windham Mitchell Alan Wood Iman Jerod Woolfolk

Max Russ Sanders

Ouincy Demond Jones

Page 14 DECISIONS

NEIGHBORS





OPERATION SANTA CLAUS 2006 WILL BE STARTING SOON...

Over the years the Alabama National Guard, Guard families, local business organizations, churches and community groups have stepped up in support of MARC (Montgomery Area Retarded Citizens). In the past 19 years the Guard's involvement with MARC and now McInnis has evolved. We have supported MARC and McInnis during the fair, Special Olympics and now Operation Santa Claus.

Operation Santa Claus is where the Director of each group home (Smith Center, Milton Road Center and McInnis) gives SSG Kevin Harrison a wish list of items each group home resident really wants. SSG Harrison

distributes the wish lists out to volunteers that want to participate in Operation Santa Claus. Volunteers then purchase at least two items from that wish list. The first item is given to each resident by Santa at their Christmas party. The second item is given to the Directors to be placed under the tree on Christmas morning.

If you would like to participate in Operation Santa Claus please contact SSG Kevin Harrison at (334) 274-4286 or by e-mail at Kevin.harrison3@us.army.mil for further information.





SUCCESS

NATIONAL GUARD HOSTS MARRIAGE ENRICHMENT SEMINARS

A joint initiative by the Chaplain's Office and the State Family Program office affords National Guard couples, who have endured a deployment an opportunity to spend a weekend together and obtain helpful information to enhance their marriage relationship.

To date five seminar/retreats have been conducted across the state of Alabama. The last one was hosted in Montgomery with 22 couples in attendance. Over 80 National Guard couples have attended the previous events and the feedback has been excellent.

The seminars begin on a Friday night and conclude on Sunday morning. Couples have Saturday afternoon and evening to spend time together. Lodging is prepaid and Plans are underway for more seminars/retreats in 2007. Information will be

forwarded to all units several months in advance so unit members can be informed of upcoming events.

Since this is a Department of the Army and NGB-sponsored event, units are encouraged to give UTA credit to military attendees at Marriage Enrichment seminars. Each seminar has a limit of 25 couples and attendees are selected on a first-come, first-serve basis. Couples are reimbursed for travel and per diem, making it a free weekend for attendees.

Questions may be directed to either Chaplain (CPT) Wylly Collins at (334) 213-7534 or the Family Program Office at 1-800-231-2846.

These photos were taken at the last Marriage Enrichment Seminar in Montgomery.



